

Farmers Market Fresh

Roasted Cauliflower

Ingredients:

Serves 4

1 head cauliflower, cut into florets
Olive oil or canola cooking spray
Lemon pepper seasoning (salt-free)
1 red onion, sliced
2 cloves garlic, minced
2 shallots, cut into quarters
Grated Parmesan cheese



University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating.
UW-Extension provides equal opportunities in employment and programming including Title IX and ADA

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Directions:



1. Preheat oven to 400 degrees F.
2. Put cauliflower florets in single layer on cookie sheet or baking dish. Add red onion, shallot and garlic.
3. Spray with cooking spray and stir to coat. Sprinkle with lemon pepper seasoning.
4. Bake uncovered for 15 to 25 minutes, or until cauliflower is fork-tender and slightly browned. Stir once during the baking.
5. Sprinkle with Parmesan cheese and put back into the oven for 3 to 4 minutes.
6. Remove from oven and serve.

This recipe was modified from University of Florida / IFAS Sarasota County Extension.

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